

RANCH SCHEDULE  
JANUARY 19 - 25, 2026



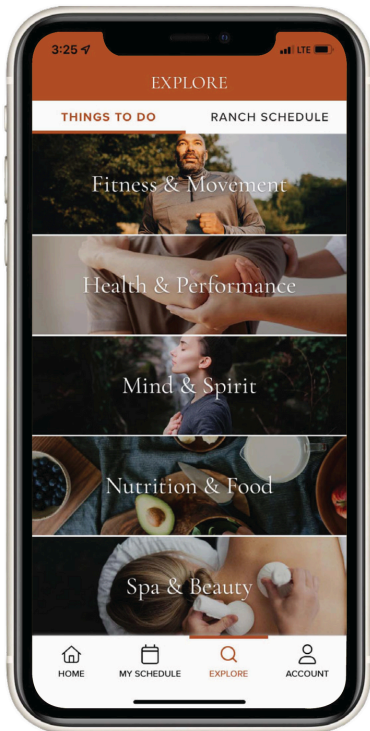
This schedule belongs to:

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# SHAPE YOUR JOURNEY

WITH THE CANYON RANCH APP



## USE THE APP TO:

- Browse Our Ranch Schedule
- Add or Cancel Services
- Explore Things To Do
- Make Dinner Reservations

Scan to download the official Canyon Ranch App.



IOS APP STORE



GOOGLE PLAY

## HOURS & LOCATIONS

### SILVERLEAF

BREAKFAST: 7 A.M. – 10 A.M.

LUNCH: 11:30 A.M. – 2 P.M.

DINNER: 5 P.M. – 8:30 P.M. (RESERVATIONS REQUIRED)

- Please make your dinner reservations prior to arrival with our Wellness Guides. On property? Stop by the Silverleaf host stand at breakfast or lunch or call Ext. 55310.
- Please allow 45 minutes for breakfast, 60 minutes for lunch and 90 minutes for dinner. If you need faster service due to scheduled appointments, please notify your server when you place your order.

### COMMUNITY TABLE:

Looking to meet new people during your stay? We reserve a Community Table for each meal. Please inform the host you'd like to sit at the Community Table.

### CULINARY REBEL™

SNACKS & LIGHT FARE: DAILY 6:30 A.M. – 5 P.M.

LUNCH: DAILY 11:30 A.M. – 4 P.M.

DINNER: DAILY 5 P.M. – 8 P.M.

### DEMO KITCHEN

Learn Ranch culinary secrets with our expert staff during hands-on private or group classes. Take home cooking tips you can use in your own kitchen.

**LUNCH & LEARN:** DAILY NOON – 1 P.M.

*Seating is limited.*

### HEALTH & PERFORMANCE DESK

8 a.m. – 5 p.m.

*Provider's hours vary.*

### SPA

Daily 6:30 a.m. – 9 p.m.

### CR® SHOPS

Daily 9 a.m. – 5 p.m. Private shopping appointments available upon request. Inquire within the shop.

As a welcome gift, all guests receive a complimentary Canyon Ranch t-shirt. Please visit the CR Shop at any time during your stay to choose your size and take a piece of Canyon Ranch home with you.



@CanyonRanch

#LiveCanyonRanch

Dear Guests,

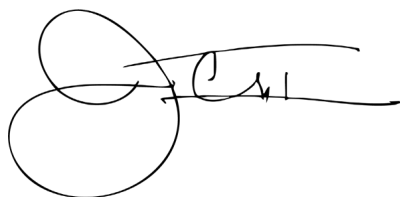
We're delighted to have you in our inspiring corner of the world. We invite you to think of Canyon Ranch as your own healthy haven, the place for renewal, wellness, and happiness.

During your stay, you'll find countless favorite activities, services, and classes, as well as new opportunities to experience. I encourage you to explore our scenic landscape, connect with nature, and try something you've never done before.

Your Canyon Ranch App helps you manage your schedule and get the most from your stay. Use it to view your Ranch Schedule, add or cancel services, sign up for activities, and make dinner reservations at The Silverleaf restaurant. Scan the QR code on the opposite page to download or ask a Wellness Guide for help.

We're also thrilled to showcase the work of local artists and galleries throughout the property. We hope the works provide a variety of visual experiences that encourage you to embrace the artistry surrounding you. If a piece captures your interest, you'll find a corresponding information card with details on how to contact the gallery directly for any questions or purchase arrangements.

Right now, you're in the perfect place to refresh your spirit, set goals, and reduce stress. Please let us know if there's anything we can do to make your stay even better. This is a time to move ahead with optimism and renewed appreciation for each day.



John Trevenen  
Managing Director



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## DECISIONS, DECISIONS ...

So, what will you do while you're here? With so many great choices, we recommend you start by talking with one of our WELLNESS GUIDES. They're the ultimate Ranch insiders who know about every service, activity, and can't-miss event. Your Wellness Guide is a master at matching personal interests with unique opportunities, so please keep an open mind to trying new things. After all, the best thing you ever do may be the thing you haven't tried yet.

**SCHEDULE A WELLNESS GUIDE CONSULT BY CALLING EXT. 55423 OR VISIT THE DESK, 8 A.M. TO 9 P.M., LOCATED IN THE SPA.**



# HIGHLY RECOMMENDED SERVICES AND ACTIVITIES



## ACUPHORIA

Health & Performance | 50 min.

Experience traditional acupuncture with an expert practitioner who uses evidence-based techniques from Chinese Medicine to enhance relaxation and encourage a natural state of euphoria. De-stress at the beginning of your stay so you can enjoy all the activities and experiences ahead of you.

## ASTROLOGY SYNASTRY CHART READING - DUET

Metaphysical | 100 min.

Enjoy a unique chart reading experience for two, where a gifted Canyon Ranch expert compares and analyzes both your natal charts to forecast your relationship. Bring your partner to discover the dynamics of your relationship and what the stars have in store for you during this explorative and enlightening consultation.

## HANDS-ON COOKING WORKSHOPS

Nutrition | 50 min.

Learn and grow as a cook! These fun classes provide practical skills and techniques you can use daily, as well as recipes for healthy, flavorful meals that are easy to prepare. See daily schedule for available classes or inquire about a Private Class with our Wellness Guides.

## HEART CONNECTION HEALING

Healing Energy | 80 min.

This unique blend of healing techniques help you nurture your relationships, addressing conflict, loss, emotional pain, or boundary challenges. Through guided dialogue and visualization, we'll help you release blockages, fostering peace, acceptance, and a better ability to give and receive love.

## HUNGARIAN MUD RITUAL

Spa | 100 min.

Indulge in a rejuvenating spa experience with this exclusive, total-body exfoliation treatment. Immerse yourself in the luxury of sea salt, Hungarian moor mud, and capsicum peptide, to revitalize and purify your skin. Our cleansing body mask, meticulously crafted for deep cleansing, will leave your skin nourished and hydrated.

## PERSONAL TRAINING WITH VIRTUAL FOLLOW-UP CONSULT

Fitness | Two-part service | 50 min. each

Our fitness experts at Canyon Ranch hold the industry's top certifications and will work with you to create an exercise program to suit your unique goals and preferences.

## TRIAWAVE LIFTING FACIAL

Skincare | 80 min.

Revitalize and renew your skin with the power of TriaWave technology combined with Environ's potent ingredients. This treatment lifts, tones, and deeply hydrates, while targeting wrinkles, sagging, and uneven skin tone for a smoother, firmer, and more radiant complexion. Choose a single session or a series of optimal, long-lasting results.

## WARM COCONUT OIL MASSAGE

Spa | 50 min. | 80 min.

Indulge in our signature warm coconut oil massage, where gently warmed oil envelops your skin in deep hydration. This soothing treatment softens and revitalizes your skin while melting away tension, promoting profound relaxation and a sense of total well-being, leaving you refreshed, balanced, and deeply cared for.




# FEATURED EVENTS

VISIT OUR LENOX EVENTS PAGE ON [CANYONRANCH.COM](https://canyonranch.com) FOR MORE UPCOMING EVENTS



## MOVE BETTER. TRAIN SMARTER. LIVE LONGER JANUARY 19-25

Build strength and confidence with a week of functional movement and resilience. Our expert instructors will show you ways to boost your form, balance, and stamina while keeping your workouts safe and down-to-earth. You'll learn the basics of getting stronger, how to move correctly, and how to increase your workload. This gives you hands-on skills to avoid getting hurt and stay healthy. No matter your fitness level, this plan helps you move more in your day-to-day life.

Activities included in this event are noted with 

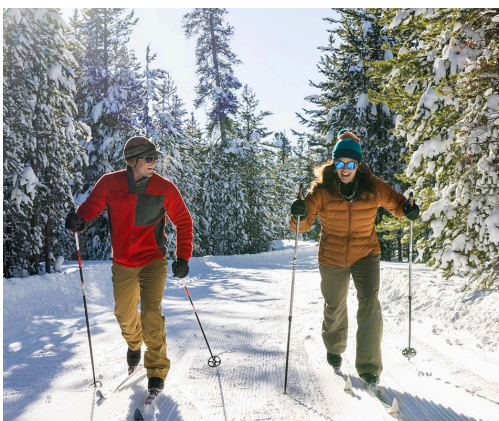
## UPCOMING

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## POWER & PRECISION JANUARY 26 - FEBRUARY 1

This weeklong Pilates program combines strength training, mindful movement, and targeted recovery. Focus on posture, alignment, and a strong core while boosting your flexibility and muscle tone in classes featuring mats and machines. This week is great for guests looking for a challenging but encouraging workout. Learn more about Pilates basics and safe, valuable ways to keep up your practice at home.



## WINTER WARMTH: NORDIC WELLNESS WEEK FEBRUARY 2 - 8

Embrace seasonal well-being during Nordic Wellness Week – a celebration of thriving through winter. Inspired by Scandinavian traditions, this experience invites you to move, reflect, and reconnect with the season's natural rhythms. Explore practices that blend movement, mindful relaxation, and the cozy spirit of hygge. Each day supports your energy, resilience, and emotional well-being, helping you turn the coldest days into a season of restoration and quiet joy.

# MONDAY

January 19

All activities are FIRST COME, FIRST SERVED unless marked with an asterisk symbol (\*). Please arrive early to secure your spot as space may be limited.

## CANYON RANCH COMMUNITY TREE

Our reflection for the Canyon Ranch Community Tree  
for the month of JANUARY is:


*"Winter is the time for deepening  
– what arises out of silence?"*

Visit the Wellness Guide Reception Area anytime to  
jot your reflection down and add it to the tree.

**7:45 AM**  **NORDIC WALK/POLE HIKE \***  
1 hr • Outdoor Sports Boards • Limit 10

**8:00 AM** **SUN SALUTATIONS**  
25 min • Yoga Studio • Limit 30

**THE ART OF FENCING:  
SWORDPLAY CLINIC \***  
50 min • Sports Court • Limit 6 • \$80

**8:30 AM**  **WAKE-UP WARM-UP STRETCH**  
20 min • Gym 1 • Limit 30

**9:00 AM** **ZUMBA®**  
45 min • Gym 1 • Limit 30

**RACE DAY**  
**NEW** • 45 min • Cycling Studio • Limit 12

**YOGA FOUNDATIONS**  
45 min • Yoga Studio • Limit 30

**PILATES TOWER CHAIR CLINIC - BEGINNER \***  
50 min • Gym 3 • Limit 4 • \$80

 **HIKE: LEVEL 3 - EAST MTN.  
ON THE APPALACHIAN TRAIL \***  
3 hr • Outdoor Sports Boards • Limit 10

**9:30 AM** **LEE HISTORY WALK**  
2 hr 30 min • Outdoor Sports Boards • Limit 10

**SHINRIN YOKU**  
2 hr • Outdoor Sports Boards • Limit 6

**10:00 AM** **CARDIO TENNIS CLINIC – LEVEL 3.0+ \***  
50 min • Indoor Tennis Court 1 • Limit 4 • \$80

 **CR STRENGTH**  
45 min • Gym 1 • Limit 20

**H2O POWER**  
45 min • Indoor Pool • Limit 25

**ATHLETIC YOGA**  
45 min • Yoga Studio • Limit 30

**11:00 AM** **MID-MORNING STRETCH**  
45 min • Gym 2

**EVIDENCE-BASED  
QI GONG & TAI CHI WORKSHOP \***  
1 hr 30 min • Yoga Studio • Limit 6 • \$140

**PICKLEBALL: DAILY DOSE - LEVEL 2.5+**  
50 min • Pickleball Court 1 • Limit 4 • \$80

**GREAT PLATE WORKOUT**  
45 min • Gym 5 • Limit 20

 **TRX CORE**  
45 min • Sports Court

**WIRED FOR WONDER:  
SPIRITUAL PATHWAYS OF THE BRAIN**  
50 min • Berkshire Room • CME

**NOON** **LINE DANCING**  
25 min • Gym 1

**LUNCH & LEARN**  
50 min • Demo Kitchen • Limit 16

**12:30 PM** **THE ART OF MANIFESTING \***  
1 hr 20 min • Rockwell Room • Limit 6 • \$110

 **BALANCE CHALLENGE**  
20 min • Gym 2 • Limit 20

**1:00 PM** **PICKLEBALL: INTRO CLINIC \***  
50 min • Pickleball Court 1 • Limit 4 • \$80

**AERIAL HAMMOCK YOGA CLINIC \***  
50 min • Yoga Studio • Limit 6 • \$80

**1:30 PM** **TRAIL WALK ON-PROPERTY \***  
1 hr • Outdoor Sports Boards • Limit 10

 **CR VITALITY TOUR**  
30 min • Health & Performance Reception

**HIKE: LEVEL 1 - BULLARD WOODS \***  
2 hr • Outdoor Sports Boards • Limit 10

**2:00 PM** **HIGH TEMPO BARRE**  
45 min • Gym 1 • Limit 25

 **FITNESS FOR LONGEVITY**  
50 min • Berkshire Room

**TRIPLE BLAST**  
45 min • Sports Court • Limit 30


**CREATIVE FLOW YOGA**  
45 min • Yoga Studio • Limit 30

**PASTA FROM SCRATCH  
– ROLL, CUT, & ENJOY \***  
1 hr 30 min • Demo Kitchen • Limit 8 • \$175


Signature Events + Discovery Days: **MOVE BETTER. TRAIN SMARTER. LIVE LONGER (19 - 25)** 

CME – Continuing Medical Education | If your stay includes a service allowance, it may be applied toward activity fees.

- 3:00 PM** **SELF-COMPASSION IS YOUR SUPERPOWER**  
50 min • Tanglewood Room • CME
- TENNIS: AFTERNOON DRILLS \***  
50 min • Indoor Tennis Court 1 • Limit 4 • \$80
- AQUA STRENGTH CIRCUIT CLASS**  
45 min • Indoor Pool • Limit 25
- PUNCH**  
45 min • Sports Court • Limit 20
- WINTER FLOW YOGA**  
45 min • Yoga Studio

- 4:00 PM** **ACTIVATE YOUR CHAKRAS, EMPOWER YOUR LIFE**  
50 min • Berkshire Room
- FOAM ROLL & STRETCH**  
45 min • Gym 2 • Limit 20
- HISTORY OF BELLEFONTAINE: TALK & MINI MANSION TOUR**  
1 hr • Mansion Library
-  **TRX BASIC STRENGTH**  
45 min • Sports Court • Limit 15
- SOOTHE & SURRENDER**  
**NEW** • 45 min • Yoga Studio • Limit 30

- 4:30 PM** **MINDFUL MANDALAS \***  
1 hr 30 min • Creative Expression Studio • Limit 8 • \$45

- 5:00 PM** **OPEN 12-STEP RECOVERY MEETING**  
50 min • Lenox Room
-  **STRETCH & RELAX**  
25 min • Gym 2 • Limit 30
- MEDITATION**  
25 min • Yoga Studio

- 6:30 PM** **3-WORLDS OF SOUL EXPERIENCE \***  
1 hr 30 min • Yoga Studio • Limit 8 • \$110
- 7:00 PM** **COMMUNITY TABLE: DINE & CONNECT**  
50 min • Silverleaf
- 8:00 PM** **CULTIVATING GRIT & GRACE WITH JEANNIE DUBOSE**  
50 min • Rockwell Room

## OUTDOOR SPORTS ACTIVITIES

You'll find a complete schedule of outdoor sports activities at the Outdoor Sports Boards in front of the main level of the Spa Complex.

We list length, terrain, duration, and vertical rise for all activities. Our staff will be happy to make recommendations to suit your interests and skill level. *Press dress for the weather, and wear hiking boots or appropriate footwear.*

SIGN UP FOR OUTDOOR SPORTS ACTIVITIES ON THE CR APP OR WITH A WELLNESS GUIDE, EXT. 55423



For activity descriptions, please scan the QR code to access our website. Additional details are also available in the app or through any of our Wellness Guides.



# TUESDAY

January 20

All activities are FIRST COME, FIRST SERVED unless marked with an asterisk (\*). Please arrive early to secure your spot as space may be limited.

**7:45 AM**    **NORDIC WALK/POLE HIKE**  
1 hr • Outdoor Sports Boards • Limit 10

**8:00 AM**    **PRANAYAMA BREATHING**  
25 min • Yoga Studio

 **INTRODUCTION TO COLD THERAPY CLINIC 25M \***  
25 min • Skincare Reception • Limit 4 • \$45

**8:30 AM**    **TRX FLOW**  
20 min • Sports Court • Limit 15

**9:00 AM**    **AEROBIC CHOREO SCULPT**  
45 min • Gym 1

**PICKLEBALL: INTRO CLINIC \***  
50 min • Pickleball Court 1 • Limit 4 • \$80

**POWER ROW**  
45 min • Rowing Studio • Limit 10

**CHAIR YOGA**  
45 min • Yoga Studio • Limit 12

**PILATES REFORMER CLINIC - BEGINNER \***  
50 min • Gym 4 • Limit 4 • \$80

 **HIKE: LEVEL 3**  
**- PLEASANT VALLEY OVERBROOK TRAIL \***  
3 hr • Outdoor Sports Boards • Limit 10

**9:30 AM**    **STOCKBRIDGE HISTORY WALK**  
2 hr 30 min • Outdoor Sports Boards • Limit 10

**10:00 AM**    **TUBES & LOOPS**  
45 min • Gym 2 • Limit 20

**CARDIO TENNIS CLINIC – LEVEL 3.0+**  
50 min • Indoor Tennis Court 1 • Limit 4 • \$80

**H2O POWER**  
45 min • Indoor Pool • Limit 25

**ROCK YOUR FLOW**  
45 min • Yoga Studio • Limit 30

**HANDS-ON COOKING: RECIPES FOR LONGEVITY \***  
50 min • Demo Kitchen • Limit 6 • \$110

## DOWNHILL SKIING IN THE BERKSHIRES

1 PM - 5 PM | \$110 | LIMIT 6

Hit the slopes! Join us for a wintery adventure! Lift ticket & ski buddy included. Rental gear and lessons are an additional cost paid at the lodge. Lessons require 24 hours' notice. Meet at Outdoor Sports Boards in Main Spa Lobby.

For more information, visit the CR App or call the Wellness Guides at Ext. 55423.

**11:00 AM**    **THERAPEUTIC QI GONG:  
A TOOL FOR SELF HEALING**  
50 min • Rockwell Room

**BEGINNER PILATES**  
45 min • Gym 1 • Limit 30

**MID-MORNING STRETCH**  
45 min • Gym 2

**POWER**  
45 min • Gym 5 • Limit 10

**NOON**    **BERKSHIRE BEAT**  
25 min • Gym 1 • Limit 20

**RESTORATIVE AERIAL YOGA  
& SOUND HEALING CLINIC \***  
50 min • Yoga Studio • Limit 8 • \$110

**LUNCH & LEARN**  
50 min • Demo Kitchen • Limit 16

**12:30 PM**    **FITNESS FOR YOUR FEET**  
20 min • Gym 2 • Limit 20

**1:00 PM**    **PICKLEBALL: INTRO CLINIC \***  
50 min • Pickleball Court 1 • Limit 4 • \$80

 **DOWNHILL SKIING IN THE BERKSHIRES**  
4 hr • Outdoor Sports Boards • Limit 6 • \$110

**1:30 PM**    **TRAIL WALK ON-PROPERTY \***  
1 hr • Outdoor Sports Boards • Limit 10

**SNOWSHOE/HIKE:  
LEVEL 2 - SHADOWBROOK \***  
2 hr • Outdoor Sports Boards • Limit 10

**MEMBERSHIPS & GROUPS: CASUAL Q&A**  
30 min • Main Spa Lobby

Signature Events + Discovery Days: **MOVE BETTER. TRAIN SMARTER. LIVE LONGER (19 - 25)** 

CME – Continuing Medical Education | If your stay includes a service allowance, it may be applied toward activity fees.

**2:00 PM ENERGY ALCHEMY  
TO SUPPORT YOUR JOURNEY**

50 min • Berkshire Room



**GRITLAB: STRENGTH &  
ENDURANCE CONDITIONING \***

45 min • Sports Court • Limit 15

**CARDIO CIRCUIT**

45 min • Gym 5

**YOGA FOR A HEALTHY BACK**

45 min • Yoga Studio • Limit 30

**HANDS-ON COOKING: CULTURED  
FOODS FOR A HEALTHY GUT**

50 min • Demo Kitchen • Limit 6 • \$110

**3:00 PM STROOPS BUNGEE WORKOUT**

45 min • Gym 1 • Limit 12

**TENNIS: AFTERNOON DRILLS \***

50 min • Indoor Tennis Court 1 • Limit 4 • \$80

**AQUA STRENGTH CIRCUIT CLASS**

45 min • Indoor Pool • Limit 25

**WARRIOR FLOW**

**NEW** • 45 min • Yoga Studio • Limit 30

**3:30 PM CREATIVITY CHALLENGE**

25 min • Creative Expression Studio

**4:00 PM BREAKING BARRIERS: OVERCOME  
WEIGHT LOSS CHALLENGES**

50 min • Rockwell Room • CME



**PERFORMANCE RECOVERY:  
RESET & RECHARGE**

45 min • Gym 2 • Limit 20

**RHYTHM RIDE**

**NEW** • 45 min • Cycling Studio • Limit 12

**RESTORATIVE YOGA**

45 min • Yoga Studio • Limit 30

**HANDS-ON COOKING:  
KITCHEN CONFIDENCE \***

50 min • Demo Kitchen • Limit 6 • \$110

**5:00 PM OPEN 12-STEP RECOVERY MEETING**

50 min • Lenox Room

**STRETCH & RELAX**

25 min • Gym 2 • Limit 30

**MEDITATION**

25 min • Yoga Studio

**6:00 PM JUST BEAD IT: BRACELET MAKING \***

1 hr 30 min • Creative Expression Studio • Limit 8 • \$45

**7:00 PM COMMUNITY TABLE: DINE & CONNECT**

50 min • Silverleaf

**8:00 PM THE PRACTICAL POWER OF GRATITUDE**

50 min • Tanglewood Room

## CR VITALITY

DAILY 9 AM - 5 PM | MANSION 2<sup>ND</sup> FLOOR

Elevate your wellness routine with access to our dedicated recovery spaces, featuring state-of-the-art Health & Performance technologies. Support energy, recovery, sleep, and overall vitality as you explore innovative tools designed to help you feel your best.

For more information or to book your pass, please contact the Wellness Guides at ext. 55423.



For activity descriptions, please scan the QR code to access our website. Additional details are also available in the app or through any of our Wellness Guides.

# WEDNESDAY

January 21

All activities are FIRST COME, FIRST SERVED unless marked with an asterisk symbol (\*). Please arrive early to secure your spot as space may be limited.

**7:30 AM** **QI GONG STRESS RELIEF MEDITATION \***  
50 min • Gym 1 • Limit 6 • \$80

**7:45 AM**  **NORDIC WALK/POLE HIKE \***  
1 hr • Outdoor Sports Boards • Limit 10

**8:00 AM** **SUN SALUTATIONS**  
25 min • Yoga Studio • Limit 30

**ACTIVE STRETCH CLINIC \***  
50 min • Gym 3 • Limit 6 • \$80

**HIKE: LEVEL 4 - YOKUN SEAT \***  
4 hr 30 min • Outdoor Sports Boards • Limit 10

**8:30 AM** **ZEN-GA™ FLOW**  
20 min • Gym 2 • Limit 30

**9:00 AM** **CARDIO KICKBOXING**  
45 min • Gym 1 • Limit 30

 **HILLS & VALLEYS**  
**NEW** • 45 min • Cycling Studio • Limit 12

**YIN & RELEASE**  
45 min • Yoga Studio • Limit 30

**PILATES REFORMER JUMPBOARD CLINIC \***  
50 min • Gym 4 • Limit 4 • \$80

**HIKE: LEVEL 3**  
**- SHAKER VILLAGE MOUNTAIN LOOP**  
3 hr 30 min • Outdoor Sports Boards • Limit 10

**9:30 AM**  **NORDIC WALK**  
**AT KENNEDY PARK: LEVEL 2+ \***  
2 hr 30 min • Outdoor Sports Boards • Limit 10

**10:00 AM** **CARDIO TENNIS CLINIC – LEVEL 3.0+ \***  
50 min • Indoor Tennis Court 1 • Limit 4 • \$80

 **CR STRENGTH**  
45 min • Gym 1 • Limit 20

**H2O POWER**  
45 min • Indoor Pool • Limit 25

**YOGA SCULPT**  
45 min • Yoga Studio • Limit 20

**HANDS-ON COOKING:**  
**THE HEART-SMART PLATE \***  
50 min • Demo Kitchen • Limit 6 • \$110

**11:00 AM** **AMAZING ABS & HEALTHY HIPs**  
45 min • Gym 1 • Limit 25

**MID-MORNING STRETCH**  
45 min • Gym 2

**PICKLEBALL: DAILY DOSE - LEVEL 2.5+ \***  
50 min • Pickleball Court 1 • Limit 4 • \$80

**TNT: TABATA 'N' TRX**  
45 min • Sports Court • Limit 14

**NOON** **HIIT IT**  
25 min • Gym 1 • Limit 18

 **DISCOVER PERCUSSIVE THERAPY**  
**THERAGUN® CLINIC \***  
50 min • Gym 3 • Limit 4 • \$80

**LUNCH & LEARN**  
50 min • Demo Kitchen • Limit 16

**TAROT DEMO:**  
**WHATS IN THE CARDS FOR YOU?**  
50 min • Mansion Library • Limit 12

**12:30 PM** **BALANCE CHALLENGE**  
20 min • Gym 2 • Limit 20

**1:00 PM** **PICKLEBALL: INTRO CLINIC \***  
50 min • Pickleball Court 1 • Limit 4 • \$80

**BEAUTY TRENDS**  
50 min • Tanglewood Room

**1:30 PM** **TRAIL WALK ON-PROPERTY**  
1 hr • Outdoor Sports Boards • Limit 10

**SNOWSHOE/HIKE: LEVEL 1**  
**- PLEASANT VALLEY BEAVER POND \***  
2 hr • Outdoor Sports Boards • Limit 10

**2:00 PM** **ONCE UPON A PAST LIFETIME...**  
50 min • Berkshire Room

**ENDURANCE RIDE**  
45 min • Cycling Studio • Limit 12

**BASIC AEROBIC CIRCUIT WEIGHTS**  
45 min • Gym 5

**SACRAL CHAKRA HIP OPENING**  
45 min • Yoga Studio

**HANDS-ON COOKING:**  
**FASTEST MEALS IMAGINABLE \***  
50 min • Demo Kitchen • Limit 6 • \$110

**CAMP ARCHERY WORKSHOP \***  
1 hr 30 min • Sports Court • Limit 4 • \$110



Signature Events + Discovery Days: **MOVE BETTER. TRAIN SMARTER. LIVE LONGER (19 - 25)** 

CME – Continuing Medical Education | If your stay includes a service allowance, it may be applied toward activity fees.

- 3:00 PM


**STROOPS BUNGEE WORKOUT**  
 45 min • Gym 1 • Limit 12
- TENNIS: AFTERNOON DRILLS \***  
 50 min • Indoor Tennis Court 1 • Limit 4 • \$80
- AQUA STRENGTH CIRCUIT CLASS**  
 45 min • Indoor Pool • Limit 25
- INTERMEDIATE YOGA**  
 45 min • Yoga Studio • Limit 30

- 7:00 PM

**COMMUNITY TABLE: DINE & CONNECT**  
 50 min • Silverleaf
- 8:00 PM

**OLD SCHOOL BINGO**  
 50 min • Rockwell Room

- 4:00 PM

**FOAM ROLL & STRETCH**  
 45 min • Gym 2 • Limit 20
- 

**MYTHS & FACTS ABOUT CARBS**  
 50 min • Berkshire Room • CME
- ROWING ESSENTIALS**  
 45 min • Rowing Studio • Limit 10
- SOOTHE & SURRENDER**  
 45 min • Yoga Studio • Limit 30
- SPICE AND SPIRIT: TACOS AND TEQUILA \***  
 1 hr 30 min • Demo Kitchen • Limit 8 • \$175
- 4:30 PM

**WATERCOLOR PAINTING \***  
 1 hr 30 min • Creative Expression Studio • Limit 8 • \$45
- 5:00 PM


**CREATIVITY & DREAMS**  
 50 min • Rockwell Room
- OPEN 12-STEP RECOVERY MEETING**  
 50 min • Lenox Room
- STRETCH & RELAX**  
 25 min • Gym 2 • Limit 30
- MEDITATION**  
 25 min • Yoga Studio

**SPICE & SPIRIT:  
TACOS AND TEQUILA**

4 PM - 6 PM | \$175 | LIMIT 8  
*Demo Kitchen*

Build your own tacos with simple, hands-on steps and fresh ingredients, then explore how tequila complements each flavor. Enjoy a guided tasting or a crafted cocktail (with mocktail option).

For more information, visit the CR App or call the Wellness Guides at Ext. 55423.



For activity descriptions, please scan the QR code to access our website. Additional details are also available in the app or through any of our Wellness Guides.

# THURSDAY



January 22

All activities are FIRST COME, FIRST SERVED unless marked with an asterisk (\*). Please arrive early to secure your spot as space may be limited.

7:45 AM	<b>NORDIC WALK/POLE HIKE *</b> 1 hr • Outdoor Sports Boards • Limit 10	11:00 AM	<b>MID-MORNING STRETCH</b> 45 min • Gym 2
8:00 AM	<b>SUN SALUTATIONS</b> 25 min • Yoga Studio • Limit 30		<b>INTERMEDIATE MAT PILATES</b> <b>NEW</b> • 45 min • Gym 1 • Limit 30
	<b>PILATES REFORMER CLINIC - BEGINNER *</b> 50 min • Gym 4 • Limit 4 • \$80		<b>GREAT PLATE WORKOUT</b> 45 min • Gym 5 • Limit 20
8:30 AM	 <b>HIIT IT</b> 25 min • Gym 1 • Limit 18	NOON	<b>SHRED</b> 25 min • Gym 5 • Limit 15
9:00 AM	<b>NATUROPATHY &amp; CHINESE MEDICINE: WHAT TO KNOW</b> 50 min • Tanglewood Room • CME		<b>THE ART OF FENCING: SWORDPLAY CLINIC *</b> 50 min • Sports Court • Limit 6 • \$80
	<b>PICKLEBALL: INTRO CLINIC *</b> 50 min • Pickleball Court 1 • Limit 4 • \$80		<b>LUNCH &amp; LEARN</b> 50 min • Demo Kitchen • Limit 16
	<b>STEP &amp; STRENGTH</b> 45 min • Gym 1 • Limit 15	12:30 PM	 <b>FITNESS FOR YOUR FEET</b> 20 min • Gym 2 • Limit 20
	<b>POWER ROW</b> 45 min • Rowing Studio • Limit 10	1:00 PM	<b>PICKLEBALL: INTRO CLINIC *</b> 50 min • Pickleball Court 1 • Limit 4 • \$80
	<b>YOGA FOUNDATIONS</b> 45 min • Yoga Studio • Limit 30	1:30 PM	<b>HIKE: LEVEL 2 - THOMAS &amp; PALMER BROOK TRAIL *</b> 2 hr 30 min • Outdoor Sports Boards • Limit 10
	<b>SNOWSHOE/HIKE: LEVEL 2+ - BASIN POND *</b> 3 hr • Outdoor Sports Boards • Limit 10		 <b>TRAIL WALK ON-PROPERTY *</b> 1 hr • Outdoor Sports Boards • Limit 10
9:30 AM	<b>EQUINE ESCAPE: HORSE CONNECTION</b> 2 hr 30 min • Outdoor Sports Boards • Limit 4 • \$250	2:00 PM	<b>PAUSING IN PLACE</b> 50 min • Rockwell Room
10:00 AM	<b>CARDIO TENNIS CLINIC – LEVEL 3.0+</b> 50 min • Indoor Tennis Court 1 • Limit 4 • \$80		<b>LONG &amp; LEAN BARRE WORKOUT</b> 45 min • Gym 1 • Limit 30
	 <b>MUSCLE CONDITIONING</b> 45 min • Gym 2 • Limit 25		<b>RIP 'N' RIDE</b> 45 min • Sports Court • Limit 10
	<b>H2O POWER</b> 45 min • Indoor Pool • Limit 25		<b>YIN YOGA</b> 45 min • Yoga Studio
	<b>POWER FLOW</b> <b>NEW</b> • 45 min • Yoga Studio • Limit 30		<b>HANDS-ON COOKING: PLANT POWERED *</b> 50 min • Demo Kitchen • Limit 6 • \$110
	<b>HANDS-ON COOKING: CULINARY MYTHS &amp; WELLNESS *</b> 50 min • Demo Kitchen • Limit 6 • \$110		
	<b>LOVING-KINDNESS MEDITATION</b> 50 min • Rockwell Room		

Signature Events + Discovery Days: **MOVE BETTER. TRAIN SMARTER. LIVE LONGER (19 - 25)** 

CME – Continuing Medical Education | If your stay includes a service allowance, it may be applied toward activity fees.

- 3:00 PM**    **TENNIS: AFTERNOON DRILLS**  
50 min • Indoor Tennis Court 1 • Limit 4 • \$80
-  **QI GONG FOR HEALTH & VITALITY \***  
50 min • Gym 1 • Limit 6 • \$80
- AQUA STRENGTH CIRCUIT CLASS**  
45 min • Indoor Pool • Limit 25
- PUNCH**  
45 min • Sports Court • Limit 20
- WINTER FLOW YOGA**  
45 min • Yoga Studio
- 4:00 PM**    **HISTORY OF BELLEFONTAINE:  
TALK & MINI MANSION TOUR**  
1 hr • Mansion Library
-  **PERFORMANCE RECOVERY:  
RESET & RECHARGE**  
45 min • Gym 2 • Limit 20
- TRX BASIC STRENGTH**  
45 min • Sports Court • Limit 15
- RESTORATIVE YOGA**  
45 min • Yoga Studio • Limit 30
- HANDS-ON COOKING: CHOCOLATE FIX! \***  
50 min • Demo Kitchen • Limit 9 • \$110
- 4:30 PM**    **ACRYLIC PAINTING**  
1 hr 30 min • Creative Expression Studio • Limit 8 • \$45

- 5:00 PM**    **OPEN 12-STEP RECOVERY MEETING**  
50 min • Lenox Room
- STRETCH & RELAX**  
25 min • Gym 2 • Limit 30
- JOURNEY THROUGH THE TAROT**  
50 min • Berkshire Room
- FLOATING SOUND MEDITATION CLINIC \***  
50 min • Indoor Pool • Limit 6 • \$110
- 7:00 PM**    **COMMUNITY TABLE: DINE & CONNECT**  
50 min • Silverleaf
- GATHER & PLAY: GAME NIGHT!**  
50 min • Sargent Brook Lounge
- 8:00 PM**    **GRAMMY-NOMINATED SINGER &  
SONGWRITER, MATT CUSSON**  
50 min • Fieldstone Lounge

## SIP N' SHOP

5 PM - 7 PM | CR® Shop in Main Spa Lobby

Join us for a relaxed, hosted shopping experience at CR Shop where guests can enjoy some Prosecco, and personalized styling, in a fun, boutique atmosphere.







For activity descriptions, please scan the QR code to access our website. Additional details are also available in the app or through any of our Wellness Guides.




# FRIDAY

January 23

All activities are FIRST COME, FIRST SERVED unless marked with an asterisk symbol (\*). Please arrive early to secure your spot as space may be limited.

- 7:45 AM**  **NORDIC WALK/POLE HIKE \***  
1 hr • Outdoor Sports Boards • Limit 10
- 8:00 AM** **QI GONG STRESS RELIEF MEDITATION**  
50 min • Gym 2 • Limit 6 • \$80
- PRANAYAMA BREATHING**  
25 min • Yoga Studio
- PILATES REFORMER JUMPBOARD CLINIC**  
50 min • Gym 4 • Limit 4 • \$80
- 8:30 AM**  **WAKE-UP WARM-UP STRETCH**  
20 min • Gym 1 • Limit 30
- 9:00 AM** **ROCKIN RETRO AEROBICS**  
45 min • Gym 1 • Limit 30
-  **SADDLE & RIDE: HORSEBACK ADVENTURE \***  
3 hr • Outdoor Sports Boards • Limit 4 • \$350
- RACE DAY**  
**NEW** • 45 min • Cycling Studio • Limit 12
- YOGA ALIGNMENT**  
45 min • Yoga Studio
- HIKE: LEVEL 3**  
**- GOOSE POND ON APPALACHIAN TRAIL \***  
3 hr 30 min • Outdoor Sports Boards • Limit 10
- GLUCOSE TRACKING FOR WEIGHT & ENERGY WORKSHOP**  
1 hr 20 min • Lenox Room • Limit 10 • \$220
- 9:30 AM** **LEE HISTORY WALK**  
2 hr 30 min • Outdoor Sports Boards • Limit 10
- 10:00 AM** **COMING HOME TO THE BODY**  
50 min • Tanglewood Room
- CARDIO TENNIS CLINIC – LEVEL 3.0+**  
50 min • Indoor Tennis Court 1 • Limit 4 • \$80
-  **TUBES & LOOPS**  
45 min • Gym 2 • Limit 20
- H2O POWER**  
45 min • Indoor Pool • Limit 25
- ATHLETIC YOGA**  
45 min • Yoga Studio • Limit 30
- HANDS-ON COOKING: SMOOTHIES & SHAKES \***  
30 min • Demo Kitchen • Limit 6 • \$70

- 11:00 AM** **MID-MORNING STRETCH**  
45 min • Gym 2
- EXERCISE & MENOPAUSE\***  
50 min • Berkshire Room • CME
- PICKLEBALL: DAILY DOSE - LEVEL 2.5+ \***  
50 min • Pickleball Court 1 • Limit 4 • \$80
-  **AMAZING ABS & HEALTHY HIPs**  
45 min • Gym 1 • Limit 25
- ONE MINUTE MAX**  
45 min • Sports Court • Limit 24
- NOON** **BERKSHIRE BEAT**  
25 min • Gym 1 • Limit 20
- RESTORATIVE AERIAL YOGA & SOUND HEALING CLINIC \***  
50 min • Yoga Studio • Limit 8 • \$110
- LUNCH & LEARN**  
50 min • Demo Kitchen • Limit 16
- 12:30 PM** **FITNESS FOR YOUR FEET**  
20 min • Gym 2 • Limit 20
- 1:00 PM** **ROAST TO CUP WITH BARRINGTON COFFEE ROASTERS \***  
2 hr 30 min • Outdoor Sports Boards • Limit 6 • \$155
- PICKLEBALL: INTRO CLINIC**  
50 min • Pickleball Court 1 • Limit 4 • \$80
- AFTERNOON OUTDOOR TAI CHI**  
1 hr • Outdoor Sports Boards • Limit 10

## ROAST TO CUP WITH BARRINGTON COFFEE ROASTERS




1 PM - 3:30 PM | \$155 | LIMIT 6

Join Barrington Coffee Roasters for a hands-on coffee cupping session. Learn about roasting, sourcing, and tasting while building your sensory skills. Take-home a bag of coffee and a mug. Meet at Outdoor Sports Boards in Main Spa Lobby.

For more information, visit the CR App or call the Wellness Guides at Ext. 55423.

Signature Events + Discovery Days: **MOVE BETTER. TRAIN SMARTER. LIVE LONGER (19 - 25)** 

CME – Continuing Medical Education | If your stay includes a service allowance, it may be applied toward activity fees.

- |   |  |
|---|--|
| <p><b>1:30 PM</b>    <b>TRAIL WALK ON-PROPERTY</b><br/>1 hr • Outdoor Sports Boards • Limit 10</p> <p><b>HIKE: LEVEL 1 - BENEDICT POND</b><br/>2 hr 30 min • Outdoor Sports Boards • Limit 10</p> <p><b>MEMBERSHIPS &amp; GROUPS: CASUAL Q&amp;A</b><br/>30 min • Main Spa Lobby</p>  | <p><b>4:00 PM</b>    <b>WHAT IS SPIRITUAL WELLNESS?</b><br/>25 min • Community Tree</p> <p><b>FOAM ROLL &amp; STRETCH</b><br/>45 min • Gym 2 • Limit 20</p> <p><b>RESTORATIVE YOGA</b><br/>45 min • Yoga Studio • Limit 30</p> <p><b>ZEN IN MOTION</b><br/>45 min • Gym 1 • Limit 12</p>   |
| <p><b>2:00 PM</b>    <b>BASIC AEROBIC CIRCUIT WEIGHTS</b><br/>45 min • Gym 5</p> <p> <b>BEST BACKSIDE</b><br/>45 min • Sports Court • Limit 16</p> <p><b>YOGA FOR A HEALTHY BACK</b><br/>45 min • Yoga Studio • Limit 30</p> <p><b>HANDS-ON COOKING: ANTI-INFLAMMATORY FOODS *</b><br/>50 min • Demo Kitchen • Limit 15 • \$110</p> <p><b>THE LATEST &amp; GREATEST - EXPERT PRODUCT PICKS</b><br/>50 min • Skincare Reception</p> | <p><b>5:00 PM</b>    <b>EASTERN MEDICINE: THE INSIDE SCOOP</b><br/>50 min • Tanglewood Room • CME</p> <p><b>OPEN 12-STEP RECOVERY MEETING</b><br/>50 min • Lenox Room</p> <p> <b>STRETCH &amp; RELAX</b><br/>25 min • Gym 2 • Limit 30</p> <p><b>MEDITATION</b><br/>25 min • Yoga Studio</p> |
| <p><b>3:00 PM</b>    <b>MIXED EMOTIONS: MAKING PEACE WITH YOURSELF</b><br/>50 min • Berkshire Room • CME</p> <p><b>TENNIS: AFTERNOON DRILLS</b><br/>50 min • Indoor Tennis Court 1 • Limit 4 • \$80</p> <p><b>AQUA STRENGTH CIRCUIT CLASS</b><br/>45 min • Indoor Pool • Limit 25</p> <p> <b>PUNCH</b><br/>45 min • Sports Court • Limit 20</p> <p><b>INTERMEDIATE YOGA</b><br/>45 min • Yoga Studio • Limit 30</p>              | <p><b>7:00 PM</b>    <b>COMMUNITY TABLE: DINE &amp; CONNECT</b><br/>50 min • Silverleaf</p> <p><b>8:00 PM</b>    <b>RETIRING MEANS REWIRING WITH JERRY POSNER</b><br/>50 min • Tanglewood Room</p>   |



For activity descriptions, please scan the QR code to access our website. Additional details are also available in the app or through any of our Wellness Guides.

# SATURDAY

January 24

All activities are FIRST COME, FIRST SERVED unless marked with an asterisk (\*). Please arrive early to secure your spot as space may be limited.


<b>7:45 AM</b>	<b>NORDIC WALK/POLE HIKE *</b> 1 hr • Outdoor Sports Boards • Limit 10	<b>11:00 AM</b>	<b>MID-MORNING STRETCH</b> 45 min • Gym 2
<b>8:00 AM</b>	<b>PILATES REFORMER PICKLEBALL CLINIC *</b> 50 min • Gym 4 • Limit 4 • \$80	 <b>MYSTERY OF METABOLISM</b> 50 min • Berkshire Room • CME	<b>PICKLEBALL: DAILY DOSE - LEVEL 2.5+</b> 50 min • Pickleball Court 1 • Limit 4 • \$80
 <b>INTRODUCTION TO COLD THERAPY CLINIC 25M *</b> 25 min • Skincare Reception • Limit 4 • \$45			<b>TRX CORE</b> 45 min • Sports Court
 <b>HIKE: LEVEL 5 - GOULD TRAIL TO GREYLOCK SUMMIT *</b> 6 hr 30 min • Outdoor Sports Boards • Limit 10			<b>POWER</b> 45 min • Gym 5 • Limit 10
	<b>SUN SALUTATIONS</b> 25 min • Yoga Studio • Limit 30	<b>NOON</b>	<b>LINE DANCING</b> 25 min • Gym 1
<b>8:30 AM</b>	<b>HIIT IT</b> 25 min • Gym 1 • Limit 18		<b>AERIAL HAMMOCK YOGA CLINIC *</b> 50 min • Yoga Studio • Limit 6 • \$80
<b>9:00 AM</b>	<b>CHINESE MEDICINE &amp; WEIGHT LOSS</b> 50 min • Berkshire Room • CME		<b>LUNCH &amp; LEARN</b> 50 min • Demo Kitchen • Limit 16
	<b>PICKLEBALL: INTRO CLINIC</b> 50 min • Pickleball Court 1 • Limit 4 • \$80	<b>12:30 PM</b>	 <b>BALANCE CHALLENGE</b> 20 min • Gym 2 • Limit 20
	<b>ZUMBA® STEP</b> 45 min • Gym 1 • Limit 15	<b>1:00 PM</b>	<b>PICKLEBALL: INTRO CLINIC</b> 50 min • Pickleball Court 1 • Limit 4 • \$80
	<b>POWER ROW</b> 45 min • Rowing Studio • Limit 10	 <b>BOGA FITMAT® FITNESS CLINIC</b> 50 min • Indoor Pool • Limit 6 • \$80	<b>EMOTIONAL STRESS RELEASE THROUGH HEALING TOUCH</b> 50 min • Tanglewood Room
	<b>YIN &amp; RELEASE</b> 45 min • Yoga Studio • Limit 30		
	<b>HIKE: LEVEL 3 - KENNEDY PARK TO CHOCOLATE SPRINGS *</b> 3 hr • Outdoor Sports Boards • Limit 10	<b>1:30 PM</b>	<b>EVIDENCE-BASED QI GONG &amp; TAI CHI WORKSHOP *</b> 1 hr 30 min • Gym 2 • Limit 6 • \$140
<b>9:30 AM</b>	<b>MUSEUM TOUR: NORMAN ROCKWELL</b> 2 hr 30 min • Outdoor Sports Boards • Limit 6		<b>TRAIL WALK ON-PROPERTY</b> 1 hr • Outdoor Sports Boards • Limit 10
<b>10:00 AM</b>	<b>CARDIO TENNIS CLINIC – LEVEL 3.0+ *</b> 50 min • Indoor Tennis Court 1 • Limit 4 • \$80		<b>SNOWSHOE/HIKE: LEVEL 2+ - TYRINGHAM COBBLE *</b> 2 hr 30 min • Outdoor Sports Boards • Limit 10
	<b>CR STRENGTH</b> 45 min • Gym 1 • Limit 20		
	<b>H2O POWER</b> 45 min • Indoor Pool • Limit 25		
	<b>ROCK YOUR FLOW</b> 45 min • Yoga Studio • Limit 30		



Signature Events + Discovery Days: **MOVE BETTER. TRAIN SMARTER. LIVE LONGER (19 - 25)** 

CME – Continuing Medical Education | If your stay includes a service allowance, it may be applied toward activity fees.

- 2:00 PM



**LONG & LEAN BARRE WORKOUT**  
45 min • Gym 1 • Limit 30

**WAKE-UP CALL:  
IMPROVING YOUR SLEEP**  
50 min • Berkshire Room • CME

**TRIPLE BLAST**  
45 min • Sports Court • Limit 30

**CREATIVE FLOW YOGA**  
45 min • Yoga Studio • Limit 30

**HANDS-ON COOKING:  
ARTISAN BREAD BAKING \***  
50 min • Demo Kitchen • Limit 12 • \$175
- 3:00 PM

**CONTEMPLATIVE TEA PRACTICE \***  
50 min • Creative Expression Studio • Limit 8 • \$80

**CAMP ARCHERY WORKSHOP \***  
1 hr 30 min • Sports Court • Limit 4 • \$110


**TENNIS: AFTERNOON DRILLS \***  
50 min • Indoor Tennis Court 1 • Limit 4 • \$80

**STROOPS BUNGEE WORKOUT**  
45 min • Gym 1 • Limit 12

**AQUA STRENGTH CIRCUIT CLASS**  
45 min • Indoor Pool • Limit 25

**WARRIOR FLOW**  
**NEW** • 45 min • Yoga Studio • Limit 30
- 4:00 PM

**PERFORMANCE RECOVERY:  
RESET & RECHARGE**  
45 min • Gym 2 • Limit 20




**RHYTHM RIDE**  
**NEW** • 45 min • Cycling Studio • Limit 12

**SOOTHE & SURRENDER**  
**NEW** • 45 min • Yoga Studio • Limit 30

**MINDFULNESS,  
MENTAL HEALTH & LONGEVITY**  
50 min • Tanglewood Room • CME

- 5:00 PM

**OPEN 12-STEP RECOVERY MEETING**  
50 min • Lenox Room



**STRETCH & RELAX**  
25 min • Gym 2 • Limit 30

**MEDITATION**  
25 min • Yoga Studio

**WINE TASTING:  
A SENSORY EXPLORATION \***  
50 min • Demo Kitchen • Limit 8 • \$110
- 7:00 PM

**COMMUNITY TABLE: DINE & CONNECT**  
50 min • Silverleaf
- 8:00 PM

**MUSIC BINGO! WITH DJ BOB HECK**  
45 min • Rockwell Room

## THE MORE, THE MERRIER

Interested in bringing a group? Ideal for milestone birthday celebrations, family reunions, girlfriend getaways, books clubs, corporate retreats and more.

For more information or to book a group, please contact:  
Sr. Sales Manager, Rachel Christman  
(413) 728-4421 [rchristman@canyonranch.com](mailto:rchristman@canyonranch.com)



For activity descriptions, please scan the QR code to access our website. Additional details are also available in the app or through any of our Wellness Guides.

# SUNDAY

January 25

All activities are FIRST COME, FIRST SERVED unless marked with an asterisk (\*). Please arrive early to secure your spot as space may be limited.

7:45 AM	 <b>NORDIC WALK/POLE HIKE *</b> 1 hr • Outdoor Sports Boards • Limit 10	11:00 AM	<b>MID-MORNING STRETCH</b> 45 min • Gym 2
8:00 AM	<b>PRANAYAMA BREATHING</b> 25 min • Yoga Studio		<b>HISTORY OF BELLEFONTAINE: TALK &amp; MINI MANSION TOUR</b> 1 hr • Mansion Library
	<b>PILATES REFORMER CLINIC - INTERMEDIATE *</b> 50 min • Gym 4 • Limit 4 • \$80		<b>BEGINNER PILATES</b> 45 min • Gym 1 • Limit 30
8:30 AM	<b>TRX FLOW</b> 20 min • Sports Court • Limit 15		<b>TNT: TABATA 'N' TRX</b> 45 min • Sports Court • Limit 14
9:00 AM	<b>CHINESE MEDICINE: PUTTING STRESS IN ITS PLACE</b> 50 min • Tanglewood Room • CME	NOON	<b>BERKSHIRE BEAT</b> 25 min • Gym 1 • Limit 20
	<b>SHINRIN YOKU *</b> 1 hr 30 min • Outdoor Sports Boards • Limit 6		<b>HARMONY WITHIN: MEDITATION &amp; PULSE OXIMETRY CLINIC *</b> 50 min • Yoga Studio • Limit 6 • \$140
	 <b>CARDIO KICKBOXING</b> 45 min • Gym 1 • Limit 30	12:30 PM	 <b>FITNESS FOR YOUR FEET</b> 20 min • Gym 2 • Limit 20
	<b>ADVANCED INDOOR CYCLING</b> 45 min • Cycling Studio • Limit 12	1:00 PM	<b>PICKLEBALL: INTRO CLINIC *</b> 50 min • Pickleball Court 1 • Limit 4 • \$80
	<b>CHAIR YOGA</b> 45 min • Yoga Studio • Limit 12	1:30 PM	<b>TRAIL WALK ON-PROPERTY</b> 1 hr • Outdoor Sports Boards • Limit 10
	 <b>HIKE: LEVEL 2 - ROUND MOUNTAIN</b> 3 hr • Outdoor Sports Boards • Limit 10		<b>SNOWSHOE/HIKE: LEVEL 1 - CANOE MEADOWS *</b> 2 hr • Outdoor Sports Boards • Limit 10
9:30 AM	<b>STOCKBRIDGE HISTORY WALK</b> 2 hr 30 min • Outdoor Sports Boards • Limit 10	2:00 PM	<b>MANAGING ENERGY DYNAMICS IN RELATIONSHIPS</b> 50 min • Berkshire Room
10:00 AM	<b>LANGUAGE OF THE HEART *</b> 50 min • Berkshire Room • Limit 12 • \$80		 <b>GRITLAB: STRENGTH &amp; ENDURANCE CONDITIONING *</b> 45 min • Sports Court • Limit 15
	<b>CARDIO TENNIS CLINIC – LEVEL 3.0+ *</b> 50 min • Indoor Tennis Court 1 • Limit 4 • \$80		<b>CARDIO CIRCUIT</b> 45 min • Gym 5
	 <b>MUSCLE CONDITIONING</b> 45 min • Gym 2 • Limit 25		<b>SACRAL CHAKRA HIP OPENING</b> 45 min • Yoga Studio
	<b>H2O POWER</b> 45 min • Indoor Pool • Limit 25		<b>HANDS-ON COOKING: FASTEST MEALS IMAGINABLE *</b> 50 min • Demo Kitchen • Limit 6 • \$110
	<b>YOGA SCULPT</b> 45 min • Yoga Studio • Limit 20		

Signature Events + Discovery Days: **MOVE BETTER. TRAIN SMARTER. LIVE LONGER (19 - 25)** 

CME – Continuing Medical Education | If your stay includes a service allowance, it may be applied toward activity fees.

**3:00 PM** **CAMP ARCHERY WORKSHOP \***  
1 hr 30 min • Sports Court • Limit 4 • \$110

**STROOPS BUNGEE WORKOUT**  
45 min • Gym 1 • Limit 12

**AQUA STRENGTH CIRCUIT CLASS**  
45 min • Indoor Pool • Limit 25

**WINTER FLOW YOGA**  
45 min • Yoga Studio

**TEA & TAROT \***  
1 hr 40 min • Lenox Room • Limit 8 • \$140

**4:00 PM** **REWIRE FOR RELIEF:  
RELIEVING CHRONIC PAIN**  
50 min • Tanglewood Room • CME

**FOAM ROLL & STRETCH**  
45 min • Gym 2 • Limit 25

**ROWING ESSENTIALS**  
45 min • Rowing Studio • Limit 10

**RESTORATIVE YOGA**  
45 min • Yoga Studio • Limit 30

**4:30 PM** **ACRYLIC PAINTING**  
1 hr 30 min • Creative Expression Studio • Limit 8 • \$45

**5:00 PM** **SOUL INSPIRED:  
THE ART OF SPIRITUAL PRACTICE**  
50 min • Berkshire Room • CME

**OPEN 12-STEP RECOVERY MEETING**  
50 min • Lenox Room

**STRETCH & RELAX**  
25 min • Gym 2 • Limit 30

**MEDITATION**  
25 min • Yoga Studio

**5:30 PM** **HEIGHTENED STATES  
OF CONSCIOUSNESS \***  
1 hr 30 min • Private Yoga Studio • Limit 4 • \$140

**7:00 PM** **COMMUNITY TABLE: DINE & CONNECT**  
50 min • Silverleaf

## INDULGE IN FEELING AMAZING BECAUSE WELL-BEING LOOKS GOOD ON YOU

Make wellness a habit you love with a Canyon Ranch Membership. Enjoy exclusive pricing, Member Nights, and the chance to return regularly to our transformative Lenox retreat. Feel supported, inspired, and connected all year long.

For more information or questions, please contact:  
Mary Harris - Membership Sales Manager  
(413) 728-4421 | [mharris@canyonranch.com](mailto:mharris@canyonranch.com)



For activity descriptions, please scan the QR code to access our website. Additional details are also available in the app or through any of our Wellness Guides.

# CLASSES & ACTIVITIES

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## CARDIO & WEIGHT GYM: OPEN DAILY 7 AM–9 PM

Classes held in the Weight Room have priority use of equipment. Shirt and shoes are required. We want you to enjoy your stay and find classes that suit your needs. If you have any questions about a class, ask an instructor or call Fitness at Ext. 54518.

REMINDERS

- All fitness classes are 45 minutes unless otherwise noted.
- For your safety, no admittance later than 5 minutes after the hour.
- Pace yourself – choose classes appropriate to your fitness level.
- As a courtesy, please avoid wearing perfume and cologne in the gyms.
- We advise wearing aqua socks or athletic socks in the pool.

## OUTDOOR SPORTS HIGHLIGHTS

**CAMP ARCHERY**  
Newcomers and archers alike are welcome at one of these semi-private sessions. Join our USA Archery instructors at either our indoor or outdoor range for strategies of aiming and releasing.  
We 2 PM, Sa 3 PM, Su 3 PM

**ADVANCED MORNING HIKES**  
Starting your day with an outdoor hike can boost your mood, give you more energy throughout the day and offers your body and mind a number of other health benefits. These hikes vary each week and, based on location, are 3.5 – 6.5 hours long. Visit the Outdoor Sports Board in the Spa to learn specific information about each hike.  
We + Sa, 8 AM

**RACQUET SPORTS**  
Join our instructors for 50-minute custom Tennis or Pickleball clinics. Play sessions recommended for families, friends, and groups to learn and improve skills.  
\$80 per person.

# HIKING & BIKING

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To schedule private activities, please call the Wellness Guides at ext. 55423 or visit the Programming Desk in the front of the Spa between 8 AM and 9 PM daily.

**BEGINNER HIKES**  
Rated 1 or 2, for people who exercise infrequently or prefer a more moderately paced experience.

**INTERMEDIATE & ADVANCED HIKES**  
Rated 3 - 6, these hikes put more emphasis on the workout and are generally steeper and led at a pace consistent with the fitness level of the group. Breakfast, snacks and lunch are supplied as appropriate. Guide service, packs, water and transportation to trailheads are provided.

For all Outdoor Sport activities, please sign up in the CR App or with a Wellness Guide, Ext, 55423. For detailed information about Outdoor activities, visit the Outdoor Sports Board located in the front of the Spa. Departure times vary due to the location and level of hike.

It's important that you choose a hike you can complete comfortably and that will not compromise your safety or that of the group.

# AMENITIES & MORE

## LAUNDRY & DRY CLEANING

We provide self-service washers, dryers, detergents and fabric softeners in easy-to-spot locations. Or, we can do your wash or dry cleaning for a fee. Please check the plastic laundry bag in your closet for details.

## CUSTOM COMFORTS

Please let us know if you'd like a humidifier, heating pad or specialty pillows brought to your room. Simply call Ext. 55432.

## PRIVACY, PLEASE

At Canyon Ranch, we respect your privacy. To help maintain that feeling of trust and discretion for everyone, please don't take pictures of other guests without asking permission first.

## CLEAR THE AIR

Smoking cigarettes or e-cigarettes is allowed only in designated outdoor, nonpublic areas. Cigars and pipes are not allowed. Smoking in your room will result in a cleaning fine of up to \$1,800, excluding any damages.

## YOUR VALUABLES

You'll find a safe in your room to store your valuables.

## POOL TIME

Open 6:30 am to 9 pm daily, the heated outdoor pool is next to the Spa. No lifeguards on duty.

## SAFETY & SECURITY

Our team is always on the job and available when you need them. Please note that we're required to check on you if your phone's been left off the hook, or if you don't respond to a wake-up call you requested. We're here to make sure you're okay.

## TENNIS

Indoor courts are available during regular spa hours, 6:30 AM to 9 PM daily; outdoor courts, seasonally during daylight hours. We recommend reserving time on the signup board in advance. Court time is complimentary. Ask your Wellness Guide about tennis lessons or small group and private tennis clinics.

## TEEN SERVICES (AGES 14-17)

Guests ages 14–17 may experience select services. The parent or guardian must book all teen services. We require all guests ages 14–17, along with a parent or guardian, to meet with a Canyon Ranch Wellness Guide at the beginning of each resort stay for guidance, and suggestions on making the most of your experience.

- Lightweight, loose clothing must be worn for teen services (or swimwear for water activities)
- The parent or guardian must be present for teen services unless otherwise indicated on our Teen Services Menu.
- If a teen is the only one who signs up for a group workshop, he or she must be accompanied by a parent or guardian.

## YOUR CANYON RANCH PILLOW MENU

The right pillow can make all the difference for good sleep and comfort. It should align neck, spine and back for healthy posture. Back sleepers generally need thinner pillows, side sleepers need thicker ones, and stomach sleepers may need no pillow at all.

To request a pillow, call Guest Services at Ext. 55525 – Sleep well.

### OUR ROOM FEATURES

**LUXURY PILLOWSON YOUR BED**  
**Down alternative** – medium support; hypoallergenic.

**PURE ENRICHMENT WAVE SLEEP THERAPY SOUND MACHINE**  
Soothing, natural white noise opens the way to restorative, stable sleep.

### PILLOWS YOU CAN REQUEST

**LUXURY PILLOWS AVAILABLE BY REQUEST**  
The same pillow that are on the bed and feather pillows are available upon request.

**BACK SLEEPERS**  
**Buckwheat** –Relaxes and aligns the neck for breathing comfort  
**Cervical** – Aligns and relaxes the cervical spine  
**Soft synthetic foam**  
**Neck support**  
**Contour memory foam**

**SIDE SLEEPERS**  
**Side sleeping pillow**–Improves breathing, aligns the spine; memory foam  
**Leg spacer**–Fits between your knees to support and relieve pressure in the low back, knees, and ankles; memory foam in sateen fabric  
**Body pillow**–For side and belly sleepers, aligns the spine when between the knees, excellent for pregnancy; polyester fill  
**Back and/or side sleeper**–King-sized soft gel that contours to your body



# M E N U   O F   S E R V I C E S

For information or to book services, visit or contact the Wellness Guides at Ext. 55423



For a complete listing of services,  
visit [canyonranch.com/lenox/services/](https://canyonranch.com/lenox/services/)

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## HEALTH & PERFORMANCE

### PERSONALIZED MEDICINE

#### PERSONALIZED,PRECISE,PREVENTIVE

DexaBody Composition &

Bone Density Evaluation – two-part service .....	50 min each .....	\$795
Naturopathic Medicine Consultation .....	50 min .....	335
Personalized Physician Consultation .....	25 min .....	230
	50 min .....	410

### SLEEP MEDICINE

Sleep Screening (with follow-up) .....	Overnight .....	\$750
Sleep Disorder Consultation .....	25 min .....	230
	50 min .....	410

## MENU OF SERVICES

### ALTERNATIVE MEDICINE

Acuphoria.....	50 min .....	\$250
Acupuncture.....	50 min .....	250
Acupuncture for Healthy Weight .....	100 min .....	440
Acupuncture Massage .....	50 min .....	250
Acutonics .....	50 min .....	250
Chinese Herbal Consultation .....	50 min .....	250
Chinese Vitality Consultation .....	110 min .....	440
Cupping & Gua Sha .....	50 min .....	250
Detox Acupuncture Treatment .....	50 min .....	250

### PERFORMANCE SCIENCE

Body Composition Screening .....	25 min .....	\$130
Hydration Testing – two-part service .....	50 min each .....	460
Personalized Exercise Program .....	50 min .....	220
Strength & Endurance Assessment – two-part service.....	50 min each .....	420
TPI™ Golf Health Program – two-part service .....	50 min each .....	570
VO2 Max Assessment – two-part service .....	50 min each .....	420

### SPORTS MEDICINE

Arthritis Evaluation .....	50 min .....	\$350
Foundation Gait Analysis <b>NEW</b> .....	50 min .....	350
Functional Movement Analysis .....	50 min .....	350
Hiking Performance .....	50 min .....	350
Low Back Pain Evaluation .....	50 min .....	350
Muscle & Joint Assessment .....	50 min .....	350
RacquetFit™ Racquet Health Program .....	50 min .....	350
Running Form & Performance .....	50 min .....	350
TPI™ Golf Health Program – two-part service .....	50 min each .....	570

### NUTRITION & FOOD

#### NUTRITION

Addressing Cravings & Emotional Eating– two-part service .....	50 min each .....	\$470
Building Muscle.....	50 min .....	220
Continuous Glucose Monitor Follow-Up & Education .....	50 min .....	220
Diet Score – two-part service .....	50 min each .....	525
Digestive Wellness .....	50 min .....	220
Fastest Meals Imaginable .....	50 min .....	250
Fueling For Longevity .....	50 min .....	220
Personalized Nutrition Consultation .....	50 min .....	220
Resting Metabolic Rate (RMR) Testing – two-part service <b>NEW</b> .....	50 min each.....	525
Strategies for Raising Nutritious Eaters .....	50 min .....	220

#### COOKING FOR FUN, PLEASURE & HEALTH

Hands-On Cooking Class .....	50 min .....	\$110/person
	90 min .....	175/person
Hands-On Cooking Private .....	80 min .....	185
	small group (3 – 5 guests) 100 min .....	175/person

Services & fees subject to change without notice.

## MIND & SPIRIT

### MENTAL HEALTH & WELLNESS

Addressing Cravings & Emotional Eating - two-part service .....	50 min each .....	\$470
Establishing Healthy Habits .....	50 min .....	250
Hypnotherapy .....	50 min .....	250
Intro to Brainspotting <b>NEW</b> .....	50 min .....	250
Life Mapping .....	50 min .....	250
Longevity Mindset .....	50 min .....	250
Meditation, Mindfulness & Mental Health .....	50 min .....	250
Mental Health & Wellness Consultation .....	single 50 min .....	250
	duet 50 min .....	195/person
Stress Management .....	50 min .....	250
Tech for Mental Health & Wellness .....	25 min .....	140

### METAPHYSICAL & ENERGY HEALING

Alchemical Healing .....	80 min .....	\$320
Astrology .....	50 min .....	240
Astrology Synastry Chart Reading For Two .....	100 min .....	250/person
Emotional Stress Release .....	80 min .....	320
Energy Healing .....	80 min .....	310
Energy Healing with Aromatherapy .....	80 min .....	320
Heart Connection Healing .....	80 min .....	320
Learn to Read Tarot Cards .....	50 min .....	240
Meeting Your Inner Oracles .....	100 min .....	395
Optimize Healing .....	80 min .....	320
Past Life Experience .....	100 min .....	395
Tarot Card Reading .....	50 min .....	240
	Duet session.....	175/person

### SPIRITUAL WELLNESS

Contemplative Circle .....	80 min .....	\$350
Creative Expression Consultation .....	50 min .....	250
Cultivate a Life of Purpose .....	50 min .....	250
Embodied Presence .....	50 min .....	250
Navigating Loss, Grief & Remembrance .....	single 50 min .....	250
	duet 50 min .....	195/person
	small group (3+ people) .....	185/person
Rite of Passage .....	single 50 min .....	250
	duet 50 min .....	195/person
	small group (3+ people) .....	185/person
Somadome .....	50 min .....	250
Sound Healing .....	50 min .....	250
Soul Journey .....	50 min .....	250
Spiritual Guidance .....	single 50 min .....	250
	duet 50 min .....	195/person
Spirituality & Longevity .....	small group (3+ people) .....	185/person
	50 min .....	250

## MENU OF SERVICES

# FITNESS & MOVEMENT

## FITNESS

### PERSONAL TRAINING WITH A CERTIFIED FITNESS INSTRUCTOR

Private Aerial Hammock Practice

Private Fitness Training

Private Mind-Body Practice

Private Pilates or Gyrotonic Training Private Yoga Practice

Individual Training Session .....	50 min .....	\$150
Duet Training Session .....	50 min .....	110/person
Small Group Training Session (3-5 people) .....	50 min .....	80/person
Private Group Class .....	50 min .....	335/class
Heightened States: Private Breathwork Experience .....	120 min .....	320
Personal Training with Virtual Follow-Up – two sessions .....	50 min each .....	270
Yoga for Your Dosha – two sessions .....	50 min each .....	300

## OUTDOOR SPORTS

### GROUP ADVENTURES

Archery Workshop .....	times vary .....	\$110/person
Cross-Country Ski Tour Off Property .....	times vary .....	110/person
Downhill Skiing in the Berkshires.....	times vary .....	110/person
Eco-Tour with Certified Field Naturalist .....	times vary .....	110/person
Equine Escape: Horse Connection .....	times vary .....	250/person
Falconry - Harris Hawk Guided Walk .....	times vary .....	200/person
Keep it Rolling – Bike Maintenance Workshop .....	times vary .....	110/person
Photography Hike .....	times vary .....	110/person
Roast to Cup with Barrington Coffee Roasters.....	times vary .....	155/person
Saddle & Ride: Horseback Adventure .....	times vary .....	350/person

### HIGH ROPES ADVENTURES

Aerial Adventure.....	times vary .....	\$110/person
Climbing Wall .....	times vary .....	110/person
High Ropes Challenge Course		
2-4 hours, depending on the number of people .....		220/person
Ladders & Bridges - Rope Challenge .....	times vary .....	110/person

### PRIVATE ADVENTURES

#### On Land

Archery, Bike, Hike, Mountain Bike, Run, Shinrin Yoku, Tai Chi .....	First hour .....	\$140/person
	Each additional hour .....	80/person
Archery Workshop.....	4 hours .....	380/person

#### On Water

Canoe, Kayak, Sculling, Stand-Up Paddleboard .....	First two hours .....	220/person
	Each additional hour .....	80/person
Fly Fishing - Drift Boat <b>NEW</b> .....	Single half day .....	575
	Duet half day .....	350/person
	Single full day .....	775
	Duet full day .....	500/person

### RACQUET SPORTS

#### Pickleball & Tennis

Individual training session .....	50 min .....	\$150
Duet training session .....	50 min .....	110/person

Services & fees subject to change without notice.

## SPA

### AYURVEDIC TREATMENTS

Abhyanga .....	50 min .....	\$220
Ayurvedic Herbal Rejuvenation .....	80 min .....	340
Bindi-Shirodhara.....	100 min .....	410
Shirodhara .....	50 min .....	240
Udvertana Massage .....	80 min .....	320

### BODY TREATMENTS

CBD Wellness Ritual .....	100 min .....	\$410
Coconut Melt .....	50 min .....	240
	80 min.....	320
Coconut Sugar Scrub .....	50 min .....	200
Detoxifying Ritual .....	100 min .....	410
Five Elements Ritual <b>NEW</b> .....	80 min .....	340
Hungarian Mud Ritual .....	100 min .....	410
Hungarian Scrub .....	50 min .....	240
Nourishing Forest Ritual <b>NEW</b> .....	100 min .....	410
Vitamin Infusion Body Treatment .....	50 min .....	240

### EASTERN THERAPIES

Ashiatsu– Barefoot Massage.....	50 min .....	\$240
	80 min .....	340
Reflexology .....	50 min .....	240
Reiki .....	50 min .....	220
Thai Massage .....	100 min .....	440

### MASSAGE

Aromatherapy Massage .....	50 min .....	\$220
	80 min.....	320
Canyon Ranch Massage .....	50 min .....	220
	80 min.....	320
	100 min .....	410
Canyon Stone Massage.....	75 min .....	340
Chakra Balancing Massage .....	80 min .....	320
Craniosacral Therapy .....	50 min .....	240
Deep Tissue Massage .....	50 min .....	240
	80 min.....	340
	100 min .....	440
Hands, Feet & Scalp Massage .....	50 min .....	200
Head, Neck & Shoulders Massage .....	50 min .....	220
Hydrating Body Bar Massage .....	50 min .....	240
	80 min.....	340
	100 min .....	410
Lymphatic Treatment .....	50 min .....	240
	80 min.....	340
Mama Moisturizing Massage.....	50 min .....	240
	80 min .....	340
Neuromuscular Therapy .....	100 min .....	440
Prenatal Massage .....	50 min .....	220
	80 min.....	320



## MENU OF SERVICES

Sole Rejuvenation .....	50 min .....	\$200
Therapeutic CBD Pain Relief Massage .....	50 min .....	250
	80 min.....	350
	100 min.....	450
Skin Vitality Massage <b>NEW</b> .....	50 min .....	220
Warm Coconut Oil Massage .....	50 min .....	240
	80 min.....	340

## SALON

### HAIR CARE

Blowout .....	25 min .....	\$65
	45 min.....	75
Color .....	times & fees vary	
Cut .....	45 min .....	125
	Barber Cut – 25 min .....	65
Highlights .....	times & fees vary	
Kerastase® Experience .....	80 min .....	150

### MAKEUP

Brow Design.....	15 min .....	\$50
Makeup Consultation .....	45 min .....	140

### MANICURES

Canyon Ranch Manicure .....	45 min .....	\$80
Gentlemen's Manicure .....	25 min .....	60
Hungarian Manicure.....	45 min .....	80
Recovery CBD Manicure .....	45 min .....	80

### PEDICURES

Canyon Ranch Pedicure .....	50 min .....	\$95
Foot Rescue! Pedicure .....	50 min .....	95
Gentlemen's Pedicure .....	50 min .....	95
Hungarian Pedicure .....	50 min .....	95
Recovery CBD Pedicure .....	50 min .....	95

## FACIAL TREATMENTS

AKAR Organic Facial .....	50 min .....	\$220
Biologique Recherche Custom Facial .....	50 min .....	240
	80 min.....	360
Biologique Recherche Lift & Sculpt Facial .....	80 min .....	440
Cellular Renewal Facial by Augustinus Bader .....	50 min .....	220
Collagen Lifting Facial .....	80 min .....	395
Diamond Peptide Skin Fitness Facial .....	50 min .....	240
Environ Vitamin Therapy Facial .....	50 min .....	220
Hydrafacial MD .....	50 min .....	350
Ionix Radiance Renewal Facial <b>NEW</b> .....	80 min .....	\$420
Luzern Oxygen Infusion Facial .....	50 min .....	275
	80 min .....	395
TriaWave Skin Rejuvenation Facial .....	80 min .....	420
VENN Advanced Collagen Facial .....	50 min .....	240

# ESSENTIALS

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## PHONE NUMBERS

Life-threatening and fire emergencies, call 9+911

RESORT SERVICES	EXTENSION
Operator	0
Bell Services	55500
Culinary Rebel™	55210
Housekeeping	55432
Wellness Guides	55423
Safety & Security	54419
Silverleaf	55310

DEPARTMENTS	EXTENSION
Canyon Ranch Shop™	54574
Canyon Ranch Living®	54596
Fitness	54524
Group Sales	54425
Guest Services/Concierge	55525
Health & Performance	55325
Medical	55317
Membership Sales	54513
Mental Health & Wellness	55325
Metaphysical	55404
Nutrition	55325
Outdoor Sports	55535
Performance Science	55325
Registration	55519
Room Reservations	55006
Salon	54498
Skin Care	54508
Spa Desk	55423
Spiritual Wellness	54527

When in doubt, call our Operator at 0, who will be happy to transfer your call.

## PHONE INSTRUCTIONS

### LOCAL CALLS:

9 + number

### TOLL-FREE:

9 + 1 + number

### LONG DISTANCE:

9 + 1 + number (U.S. and Canada)

9 + 011 + country code + number (international)

### ROOMS:

75 + three-digit room number

### HEARING IMPAIRED:

To arrange for a telephone, call Ext. 55525

## INTERNET

Complimentary Wi-Fi is available throughout the property.

No password is required. Please call our partner and provider

Cloud5 at 877-665-1288 for technical support.

Enjoy access to computers, Internet and printers 24 hours a day. The Computer Center is in the East Wing, first floor.

## TV CHANNEL GUIDE

For a list of channels, press the Channel (CH) List button on your remote.

When the DVD player is turned on, the TV will switch to the proper input.

4 - Canyon Ranch Channel

100 through 142 offer various music channels

# LIFE CHANGES AT CANYON RANCH

WHEREVER YOU ARE ON YOUR LIFE LONG JOURNEY, FIND  
PERSONALIZED GUIDANCE AND PROVEN EXPERTISE TO  
INSPIRE YOUR WELL WAY OF LIFE.



## CANYON RANCH TUCSON, ARIZONA

In the foothills of the Santa Catalina Mountains, explore 150 acres of the lush Sonoran Desert. Let the sunsets, striking canyons, and endless possibilities inspire you.



## CANYON RANCH LENOX, MASSACHUSETTS

On this historic New England estate, nutrition, fitness, and spiritual wellness come together to reveal the perfect wellness pairing: serenity and adventure.



## CANYON RANCH FORT WORTH, TEXAS

Located in the vibrant Cultural District, our urban club and spa brings over four decades of renowned expertise from Canyon Ranch to the Dallas-Fort Worth area.



## CANYON RANCH IN THE VENETIAN LAS VEGAS, NEVADA

Escape the bright lights of the Las Vegas Strip and enter a sanctuary of wellness, where spa, fitness, and culinary experiences replenish you on your path to lifelong well-being.

Visit [canyonranch.com](https://canyonranch.com) to learn more about all of our locations.

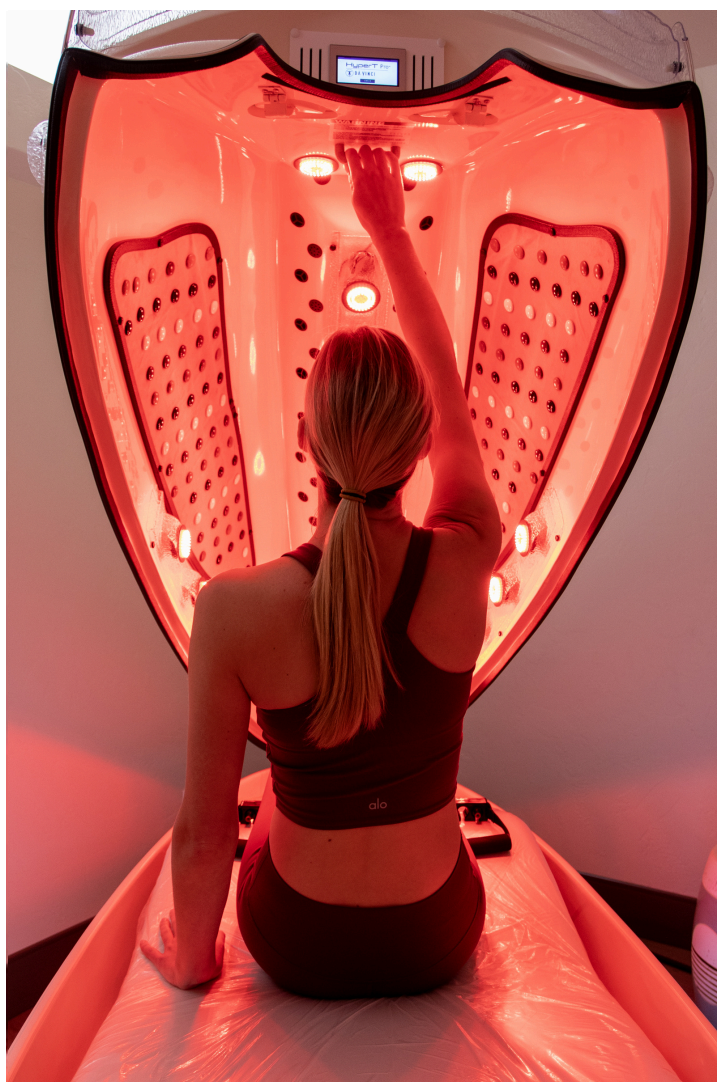




**OPEN DAILY FROM 9AM - 5PM  
ON THE SECOND FLOOR OF THE MANSION**

Take your wellness routine to the next level with our new collection of dedicated recovery spaces. Featuring equipment from our Health & Performance experts, each space aims to improve energy, recovery, regeneration, sleep, and overall vitality. Try out the latest state-of-the-art, high-tech health and performance tools and discover what works for you.

## **FEATURED TOOLS & TECH**



### **NEURO STIMULATION**

Unwind with a zero-gravity recliner where microprocessor-controlled pulsed pressure waves work to reset the nervous system. Or explore innovative sound and vibration tech for reduced stress, improved sleep, and deep calm.

### **LIGHT THERAPY**

Harness the whole-body benefits of red and infrared light therapy. Reduce pain, reverse signs of aging, ease training fatigue, and more.

### **INFRARED SAUNA POD**

Benefit from vibration massage, ionic Himalayan salt-air infusion, sauna, and infrared waves in this comfortable cocoon. May aid in reducing inflammation, relieving stress, lowering blood pressure, and preparing your heart for hot climates.

### **INNOVATION LAB**

Explore cutting-edge percussion and pneumatic compression therapy tools from Hyperice and Therabody®, along with hot and cold treatments and self-myofascial release (SMR) therapies. Enhance your recovery, ease muscle soreness, improve mobility, and more.

## **A SIMPLE DAILY RATE GRANTS YOU ACCESS TO IT ALL | \$100**

To book, please contact your Wellness Guide or visit us at CR Vitality, located on the 2nd floor of the mansion. **Open Daily 9 am - 5 pm.**

# MEMBERSHIP

## THE ULTIMATE HEALTHY HABIT



## LOVE THE WAY YOU FEEL AT CANYON RANCH

A Canyon Ranch Membership is the ultimate healthy habit, allowing you to explore all our life-enhancing possibilities at your own pace. Your Membership helps you maintain your commitment to healthy living with regular stays at our resort over the next five years. It's an invaluable path to health and vitality – all at an incredible value.



### AN IDEAL PLAN IF YOU WANT TO:

- Return regularly to our world-class Lenox wellness resort. Share the experience with anyone of your choosing.
- Sustain your commitment to healthy, joyful living.
- Keep up with health and fitness trends and maintain your relationships with Canyon Ranch professionals.
- Enjoy a fabulous, rejuvenating getaway at least once a year. Invest in yourself and enjoy great savings.



### YOUR FIVE-YEAR MEMBERSHIP INCLUDES:

- Five free Member Nights to use for overnight stays in Lenox. (Service allowance not included.)
- 45 Member Nights with a 50% discount on the nightly rate; discount applied to current “Stay Your Way” rate. (Service allowance not included.)
- Member pricing on all services, activities, and select retail in connection with your stays.
- Exclusive Member offers; offers will vary but may include special pricing, promotions, sneak previews of new services or programming, etc.

For more information or  
to purchase a Membership:

#### VISIT

Our Membership Sales Office,  
located in the Hotel Lobby

#### CALL OR EMAIL

**Mary Harris**  
Membership Sales Manager  
413-728-4513  
mharris@canyonranch.com

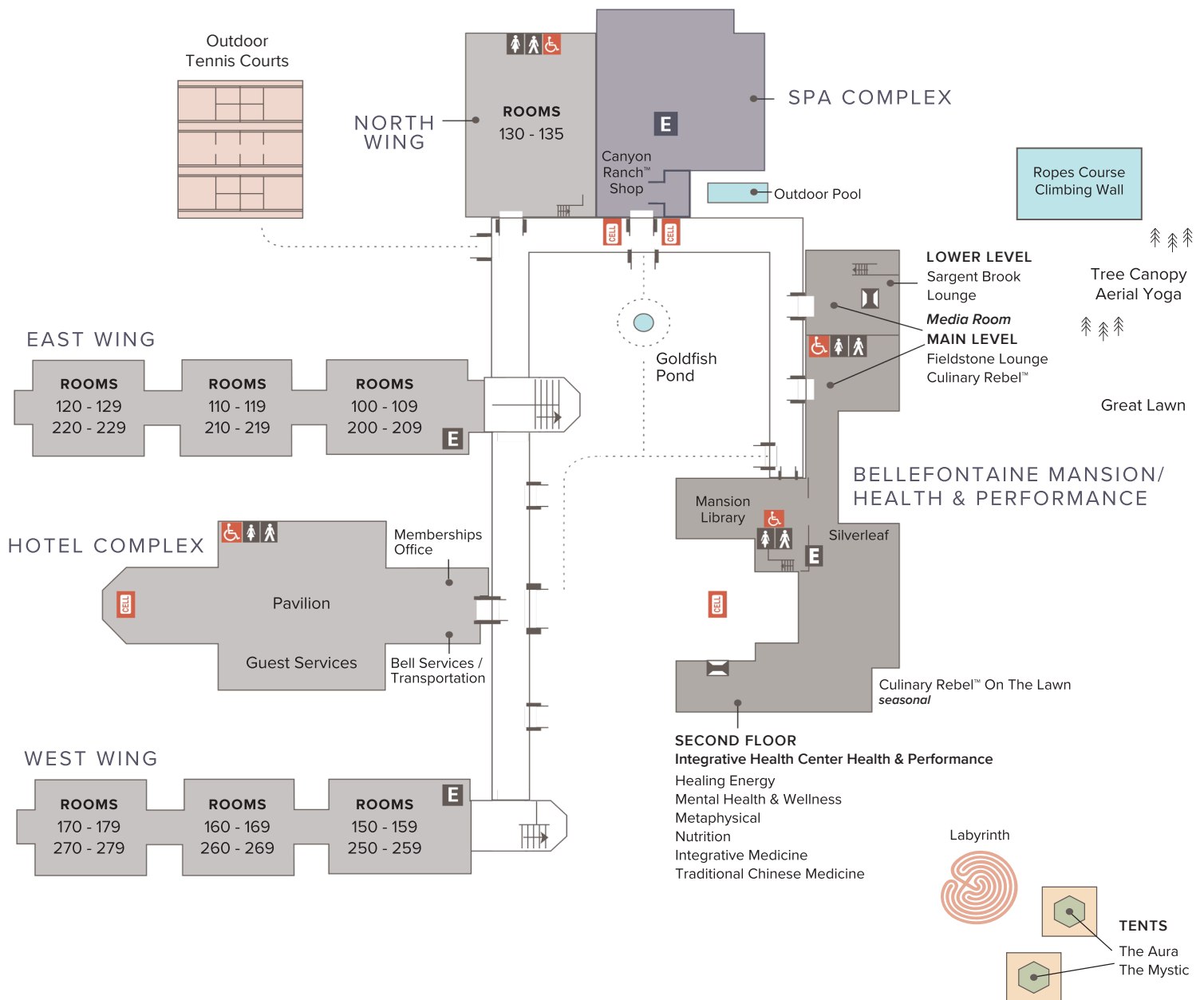
### ADDITIONAL BENEFITS:

- Gift your nights to friends or family.
- Wait-list priority for sold-out dates, events, and experiences. Opportunity to book services ahead of regular guests, subject to availability and property discretion.
- Complimentary room upgrade upon arrival, subject to availability.
- Early check-in and/or late check-out, subject to availability.



# CANYON RANCH®

LENOX



## CANYON RANCH LIVING® LENOX

### NORTH WING

#### MAIN LEVEL

Beverage Bar  
Group Sales  
Program Advising  
Restrooms  
Rockwell Room  
Spiritual Wellness  
Stockbridge Room

#### UPPER LEVEL

Guest Rooms  
Ice Machine  
Self-Serve Laundry

### WEST WING

#### GROUND FLOOR

Beverage Bar  
Foyer  
Guest Rooms

#### SECOND FLOOR

Foyer  
Guest Rooms  
Ice Machine  
Self-Serve Laundry

### EAST WING

#### MAIN LEVEL

Berkshire Room  
Beverage Bar Creative  
Expression Demo  
Kitchen  
Lenox Room  
Tanglewood Room

#### FIRST FLOOR

Computer Resource  
Room Guest Rooms

#### SECOND FLOOR

Guest Rooms  
Ice Machine  
Self-Serve Laundry

## SPA COMPLEX

### LOWER LEVEL

Beverage Bar  
Fitness Gyms 1 - 5  
Indoor Pool  
Movement Therapy  
Outdoor Pool  
Performance Science  
Sports Medicine

### LOWER LEVEL (SPORTS COURTS)

*Take staircase opposite Front Spa Desk to access*

Cycling Studio  
Indoor Tennis Courts  
Racquet Sports  
Rowing Studio  
Sports Courts

### MAIN LEVEL

Beauty Salon  
Locker Rooms  
Massage  
Outdoors Sports  
Skin Care Services  
& Retail Spa  
Treatments  
Yoga Studio

### UPPER LEVEL

Indoor Track

Great Lawn Tent